



6 ways to Relax when menopause causes sleep trouble

Here's what you need to know.

SWIPE TO LEARN

featuring **Dr. Susan Kellogg-Spadt**
DIRECTOR OF FEMALE SEXUAL MEDICINE
CENTER FOR PELVIC MEDICINE

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Here is a recap of how to handle fatigue from last month's webinar & Q&A with Dr. Susan Kellogg Spadt.

In addition, you can add vitamins to your diet such as B and E. Ashwagandha is well known to help with sleep or anxiety.

🌟 And contrary to cultural norms, drinking a glass of wine or alcohol before bed can actually increase sleep disruptions. Skipping alcohol will help with your overall health.

How do you wind down at the end of the day?

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* **Establish a bedtime routine:** Creating a consistent bedtime routine can help signal to your body that it's time to wind down and prepare for sleep. This routine can include taking a warm bath, reading a book, or practicing relaxation techniques like deep breathing or yoga.

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* **Create a sleep-conducive environment:**

Your sleeping environment can greatly impact your ability to fall asleep. Make sure your bedroom is cool, dark, and quiet. A white noise machine can help as well.

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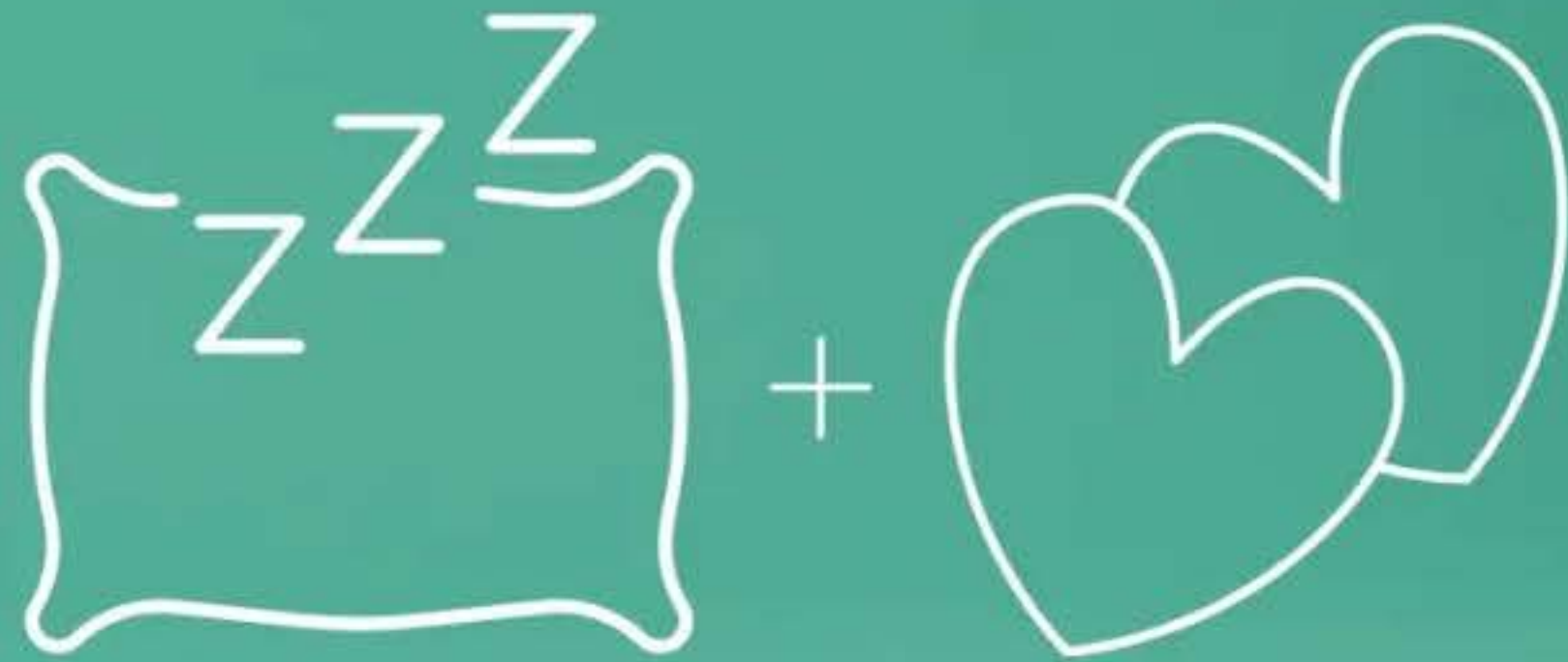
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* *Use your bedroom only for sleep and sex:*

You can condition your brain to associate the bedroom with feelings of relaxation & sleep by only using it for 2 things. Avoid eating in bed & move the TV out of the bedroom. No more night scrolling or movie binge watching to fall asleep.

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* **Limit exposure to electronic screens:**

The blue light emitted by electronic devices like smartphones, tablets, and computers can interfere with your body's natural sleep-wake cycle. Try to limit your exposure to at least an hour before bedtime.

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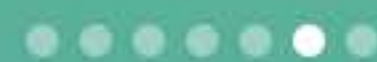




* **Avoid smoking, caffeine and alcohol:**

Tobacco, caffeine and alcohol can interfere with your ability to fall asleep and are known sleep disruptors. Try to avoid or limit your consumption of these substances, particularly in the hours leading up to bedtime.

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* Stay tuned for more information from our *Unlock Your Menopause Toolkit* webinar. Dr. Susan Kellogg was featured and has more on menopause symptom relief.

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